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#1 FREE DAILY NEWSPAPER IN CENTER CITY

JESSICA SIMPSON HAS BABY AT LAST {page 13}

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PHILADELPHIA
Wednesday, May 2, 2012

Occupy Philly back with a vengeance

Months after being evicted from Dilworth Plaza, group returns to protest bank bailouts Demonstrators lay in the streets, block off bank entrances {page 02}

RIKARD LARMA/METRO

▶ Police try to get two protesters out of Walnut Street yesterday afternoon near Rittenhouse Square.

News

One-year anniversary of Osama death

Cadet recalls story of celebration at Ground Zero
Candidates campaign on bin Laden's demise {pages 10-11}

Get yourself some 'Thor' abs

Chris Hemsworth's trainer gives us tips for building a superhero bod {page 21}

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May Day mayhem

Occupy Philadelphia uses International Workers Day to get back into the spotlight ◗ Bank protest in Center City leads to two arrests ◗ Demonstrations across the country turn raucous

Two people were arrested yesterday during a wild day of Occupy Philly protests in Center City celebrating May Day, or International Workers' Day.

The demonstrators were taken into custody following a scuffle in front of the Wells Fargo branch on the 1700 block of Walnut Street. Protesters standing in front of the ATM allegedly blocked a customer trying to withdraw money, words were exchanged and the man sought help from the phalanx of bicycle police that had amassed.

One man is charged with disorderly conduct, the other with assault on a police officer, a spokeswoman with the department said.

The hourlong sit-in began when, after snaking around Rittenhouse Square, marchers laid down in the street outside the bank, blocking vehicular traffic between 17th and 18th streets.

"This is the unofficial Labor Day," participant John Philips said. "We're dominating the streets."

According to protesters, the melee that led to the arrests touched off when the bank customer shoved his ATM card in one of the female protester's mouths. "He obviously provoked us," Philips said.

"This is the unofficial Labor Day. We're dominating the streets." JOHN PHILIPS

Reactions from onlookers ran the gamut from annoyance to empathy. "To tell the truth, it's a waste of time to me," said Rick Wilson, who lives on 18th Street. "I don't think anything is going to be accomplished the way they're going about it. It seems like they're doing anything and everything to accomplish something that's not going to happen."

But at least one passer-by was enthused. "I think what they're doing is right — they should be marching," said Philadelphia resident Charlene Scott. "I am a United States disabled veteran, wounded in Vietnam, and I can't even get in the hospital for the treatment I need."

▶ Protesters clashed with police on Walnut Street.

RICARD LARMA/METRO

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Occupy around the country

We weren't the only ones:

- In Oakland, Calif., police made several arrests as protesters attempted to force businesses to close shop in observance of the general strike, even storming a diner. A crowd was teargassed, though it is unclear whether police fired it, The Associated Press reported.
- In the San Francisco Bay area, though demonstrators canceled a planned protest on the Golden Gate Bridge, ferry workers went on strike, shutting down the service. A group of bus and bridge workers said they would not cross the picket line.
- In Seattle, the mayor granted police emergency powers to confiscate items that could be used as weapons after protesters used sticks, hammers and tire irons to smash windows of cars and businesses, including several banks, the Federal courthouse and an American Apparel.
- In Portland, at least a dozen were arrested

Focus on bailouts

May Day, or International Workers' Day, has been a historic date for the labor and protest movements since 1886, when police opened fire on protesters in Chicago who were demonstrating for an eight-hour workday.

Occupy chapters across the country yesterday called for a general strike, encouraging people to refrain from working or engaging in commerce. While the movement held multiple rallies throughout Philadelphia yesterday, in Center City, they focused on an issue central to the movement since day one: bank bailouts.

Marchers also addressed home foreclosures and the troubled school system. "Our school district is in peril, it is in debt," one student said. METRO

In the news

Fallen soldier honored with lowered flags

The Capitol building in Harrisburg will fly flags at half-staff today in honor of U.S. Army Capt. Charles R. Barnes, a Pennsylvania native. Barnes was listed as missing in action in 1969 after contact was lost with his aircraft in Vietnam. The Department of Defense recently identified his remains. METRO

In the news

Film shooting

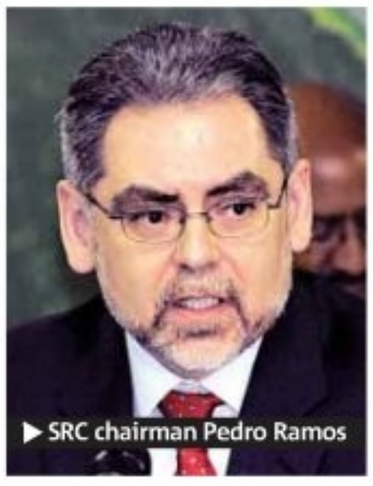
The 1600 block of Walnut Street will be closed to car traffic from 6 a.m. to 9 p.m. today through Friday and Monday for filming by Dead Man Down Productions. Intermittent closures are also expected to take place on Walnut Street between 17th and 18th streets, police said. METRO

School plan criticized

PHILADELPHIA. Angry and frustrated parents railed against a proposed reorganization plan by the School District of Philadelphia yesterday at the first of five scheduled budget hearings.

The proposal unveiled last week is aimed at increasing safety and closing a $218 million deficit for next school year, which is projected to escalate to more than $1 billion over five years. It would close up to 64 schools by 2017 and decentralize operations, which critics consider privatization.

"So many people are consumed with the management and structure of education and they forget about the substance and content of it," parent activist Helen Gym told commissioner. "We were promised a fiscal plan and we didn't get one." METRO



▶ SRC chairman Pedro Ramos

Commission charged with private sector jobs

PHILADELPHIA. Mayor Michael Nutter and City Council President Darrell Clarke announced the appointment of 15 people yesterday to a Jobs Commission, which will meet monthly to discuss how to create and retain private sector jobs.

The Commission will be chaired by Philadelphia Opportunities Industrialization Center president Robert Nelson. Other appointees include Bilal Qayyum of the Father's Day Rally Committee, Al Taubenberger of the Greater Northeast Philadelphia Chamber of Commerce and City Councilman Wilson Goode Jr. METRO

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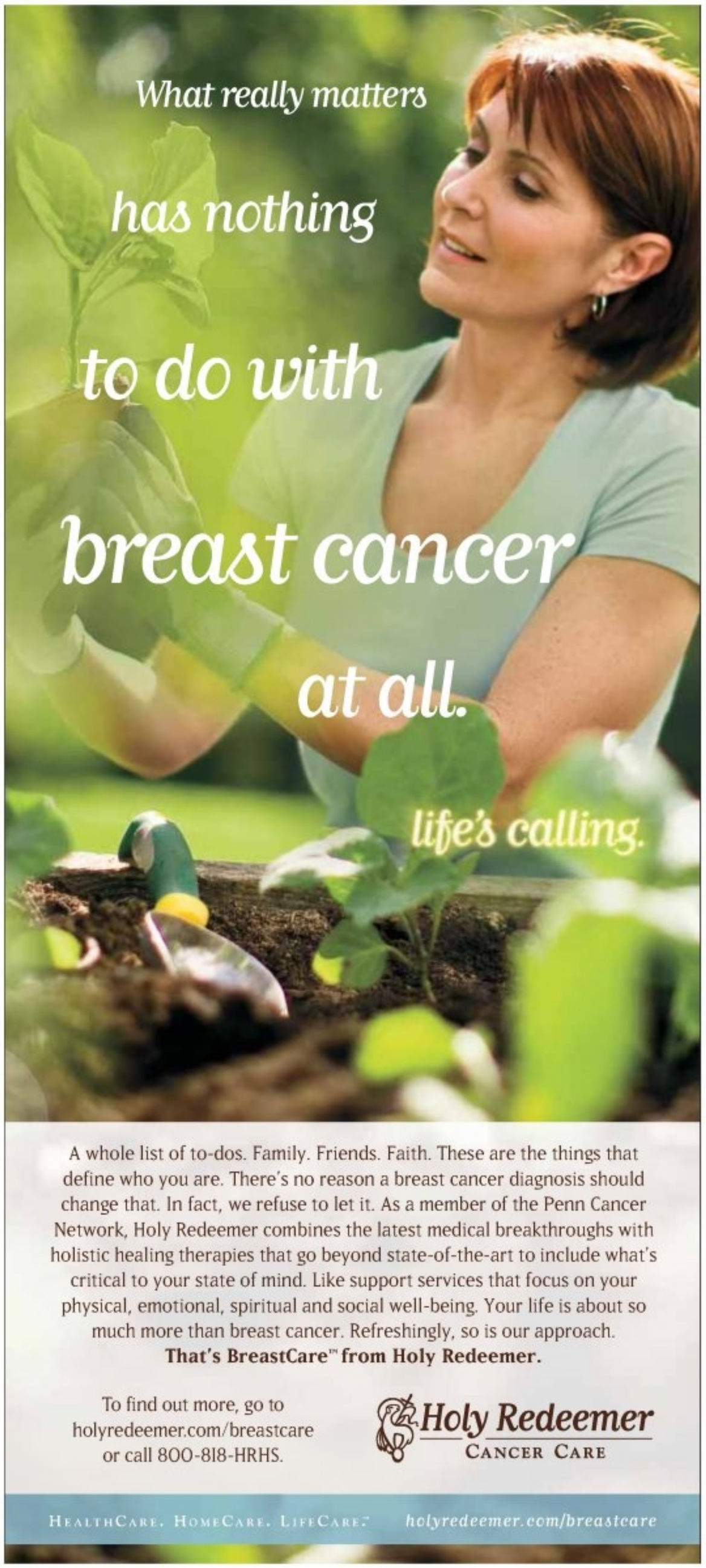

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Lenfest bringing 'Bounce' to Philly

New network for African-Americans being aired on WMCN ● Will feature some local faces and programs

Philadelphia-area viewers now have a chance to watch Bounce TV, the first broadcast network geared towards African-Americans that was founded last fall, thanks to a partnership with Lenfest Broadcasting.

The network was launched in Atlanta by Martin Luther King III and former U.N. Ambassador Andrew Young and others. Veteran area broadcaster Trudy Haynes, who was Philadelphia's first black television reporter, will host a show on Tuesday and Thursday nights that will feature local human interest stories on the Philadelphia affiliate WMCN — station 262 for Comcast users and 44.2 for antenna users.

Chase Lenfest, the founder of Lenfest Broadcasting, said, "It is about time that this underserved community gets their own programming. African-Americans have a different culture and sense of humor. Unlike the Hispanic market, which has Telmundo and Univision, there is no competition for this market. BET is mostly videos now."

▶ Haynes

Jon Gorchow, president of Lenfest Broadcasting, believes the network's lineup will appeal to the local black community, which makes up 42 percent of the city's population, and some whites.

"The network, which has a phenomenal film library, plans to air football and basketball games from traditionally black colleges," he said. "On June 18, 'Family Time', a sitcom by the creators of the Jamie Foxx Show, will begin airing."

Gorchow has been in negotiations with Verizon, Dish and DirecTv to air the station. With local businesses expressing interest in hosting shows, the local affiliate will be expanding their lineup.

"Shortly, we will begin airing 'Arts in Color' on Monday nights that will be hosted a former Miss Black Pennsylvania. The show will focus on cultural stories that are of interest to the black community," said Gorchow.

It is no surprise that Lenfest, the son of philanthropists Gerry and Marguerite Lenfest, would be involved in this endeavor. He established the Police Athletic League Center and the SquashSmarts program in Hunting Park.

LAURA GOLDMAN
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Demonstration. Daily News

▶ The protesters marched down North Broad Street.

Group objects to stripper talk

A small group of demonstrators used international workers' day to protest a recent story in the Daily News that indicated exotic dancing leads to drug use. About nine people marched from the paper's headquarters at 400 N. Broad St. to Rittenhouse Square. ● METRO

Number of adults without diplomas is on the rise

PHILADELPHIA. Nearly half of adults function below adult levels in both reading and math skills, a city official said yesterday during a meeting to discuss the state of education in Philadelphia.

One of Mayor Michael Nutter's goals has been to increase the number of adults with college degrees. According to executive director of the Mayor's Commission on Literacy Judith Renyi, 275,000 adult Philadelphians lack a high school diploma or GED, and less than 1 percent without the credentials are working to obtain them, which means the problem will only compound by an estimated 10,000 to 15,000 additional adults per year.

"We are not winning in this fight," Renyi said. "The numbers are going to get scarier every year." ● METRO/AW

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Voter ID law challenged by Pa. ACLU

Pennsylvania's new voter photo ID law is being challenged in court by the American Civil Liberties Union of Pennsylvania.

Filed on behalf of 10 residents, the lawsuit claims the law, which requires voters to show a valid photo ID with an expiration date, will unfairly disenfranchise voters when it takes effect in the fall. ACLU said the law disproportionately impacts senior citizens or poor who may not be able to obtain the IDs.

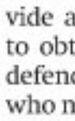
The lawsuit names the Commonwealth of Pennsylvania, Gov. Tom Corbett and Commonwealth Secretary Carolyn Aichele as defendants.

Some of the defendants say their home state cannot provide a birth certificate needed to obtain a photo ID. Another defendant, a transgender man who now lives as a woman, said his identification shows him as a man.

In addition, the suit says the state's claim that voters can obtain a valid ID for free is false because of a $10 fee associated with obtaining a birth certificate. Separately, there have also been reports of PennDOT employees requiring people to pay for the identification.

What's it about?

Democrats insist the law is an attempt to disenfranchise voters who are likely to vote Democrat during the key presidential election.



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Celebrity. Bottle signing

▶ Deena Tynes got a chance to meet Ne-Yo.

RIKARD LARMA/METRO

Tequila with a hint of smooth

R&B sensation Ne-Yo autographed bottles of Malibu Red for his fans yesterday at the Pennsylvania Wine and Spirits store on 1218 Chestnut Street. Like a growing number of recording artists, Ne-Yo served as chief cultural officer for the new flavor, which is being sold for $18.99. METRO

Armed thief takes cash, console from game store

NORTH PHILADELPHIA. Police are looking for man who took $250 and a Playstation 3 during an armed robbery Monday from a gaming store.

The incident happened at the Game Stop near the intersection of North Broad Street and Glenwood Avenue. Police said the suspect entered the store around 1:50 p.m. and walked around for about 20 minutes. When one of the two employees went on break, the suspect walked to the counter with a handgun demanding the game system and money from the register.

The suspect allegedly took the items and fled north on Broad. METRO

Boy urinates on $36K worth of Mac computers

PENNSYLVANIA. An 11-year-old Pennsylvania boy has been charged with damaging $36,000 worth of school computers by urinating on them, MSNBC reported.

Police in Upper Allen Township say the incident involved 30 school-owned MacBooks left unattended on a cart at Upper Allen Township Elementary School. According to the report, authorities said the computers were damaged beyond repair.

The boy, who is a student at the school, has been charged with institutional vandalism and criminal mischief. His case has been forwarded to the Cumberland County Juvenile Probation Department. METRO

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UK lawmakers: Murdoch unfit to run his company

Rupert Murdoch is not fit to run a major international company, British lawmakers said yesterday, finding him ultimately responsible for the illegal phone hacking that has convulsed his media empire and damaged the political establishment.

Pulling few punches, the lawmakers said the 81-year-old News Corp. chief lacked credibility, his son James appeared incompetent and the company was guilty of "wilful blindness" towards its staff at the News of the World tabloid.

The cross-party parliamentary committee, which approved the report by a majority of six to four, also scolded News Corp.'s British newspaper arm for misleading parliament during its five-year investigation into the hacking of the phones of celebrities, murder victims, politicians and soldiers.

"News International and its parent News Corporation exhibited willful blindness."
CROSS-PARTY REPORT

But it split along party lines, with members from Prime Minister David Cameron's Conservative Party voting against the report, saying they did not agree with its view that the Australian-born Murdoch was not fit to run a major company.

"News International and its parent News Corporation exhibited willful blindness, for which the companies' directors — including Rupert Murdoch and James Murdoch — should ultimately take responsibility," it said. **REUTERS**

▶ Murdoch said the report had made difficult reading. "But we have done the most difficult part, which has been to take a long, hard and honest look at our past mistakes."

GETTY IMAGES

News in brief

Five arrested in plot to blow up US bridge

CLEVELAND. Authorities arrested five self-described anarchists in the Cleveland area for allegedly plotting to blow up a four-lane highway bridge over a national park, but had no ties to foreign terrorism, the Justice Department said yesterday.

The group, ranging in ages from 20 to 37, were arrested overnight by the FBI after planting the explosives on the bridge and they were all charged with conspiracy and attempting to use explosive materials.

The FBI said the five arrested, identified as Douglas Wright, Brandon Baxter, Anthony Hayne, Connor Stevens and Joshua Stafford, were under continuous watch as part of an undercover operation and therefore the public was never in danger. The explosives, supplied by an undercover FBI agent, were inert. **REUTERS**

Dow hits 4-year high as economy fears ease

NEW YORK. The Dow closed at its highest level in more than four years yesterday after U.S. manufacturing expanded at a faster pace than expected in April.

The Dow now sits at levels not seen since December 2007. The gains leave the benchmark S&P 500 within about 16 points of a high reached in May 2008. A convincing break above that level could set the market up for more gains, traders said.

"That's where a lot of traders' eyes are right now — it might be tough to get through there the first time," said Michael James, senior trader at Wedbush Morgan in Los Angeles. **REUTERS**

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one year later

‘Something I’ll never forget’

New York college student recalls celebration at Ground Zero on the night Osama bin Laden was killed

Drew Gottstein, now a 21-year-old cadet at SUNY Maritime College, was sitting at a bar near the school’s Bronx campus when the announcement came on the evening news that Osama bin Laden had been killed. He and a friend watched President Barack Obama’s speech, but then returned to campus, since they both had to be up early the next day for school.

But when he got back to his dorm room, Gottstein found he couldn’t escape the gravity of what had just happened.

“I was getting ready for bed when I turned on the TV, and Ground Zero and Times Square [were] crazy,” he said. “I called another friend and told him to get into uniform, and I’d drive down to Ground Zero so we could be part of and experience history at the same time.”

Once the two, clad in their white cadet uniforms, got to Ground Zero, Gottstein recalled a madhouse of people celebrating in the streets and news crews capturing the action.

“The center of the gathering was on the street pole, and we kept being told that we needed to get up there,” he said.

Gottstein and his classmate, Peter Poulson, a fellow cadet at SUNY Maritime, climbed to the top of the street pole at Vesey and Church streets and surveyed the surging, cheering mass.

“The scene was unreal, something I’ll never forget — the cheers because we were in uniform, the singing of the ‘Pledge of Allegiance,’” he said. “It was amazing.”

Some in the international community criticized Obama’s decision to kill bin Laden, and said the terrorist mastermind should instead have been captured and brought to trial.

“It was quite clearly a violation of international law,” former West German Chancellor Helmut Schmidt said at the time. “The operation could also have incalculable consequences in the Arab world.”

But Gottstein defended the U.S. military’s decision, and his own personal decision to celebrate that night one year ago.

“It wasn’t a celebration of death, but a celebration of justice and how justice was finally served to the evil man responsible for the murder of countless civilians,” he said. “It sent a message to the world that if you plan and execute a terrorist attack, we will find you. You will be brought to justice and you will not get away with it.”

METRO

▶ Drew Gottstein, in uniform at left, celebrates at Ground Zero last year as classmate Peter Poulson waves an American flag.

When he graduates from SUNY Maritime, Gottstein will be an officer in the U.S. Merchant Marine. Next week, he and other cadets will board a training ship for a 90-day term at sea.

Merchant Marine ships often deliver supplies during wartime.

“If a large-scale war broke out and my country needed me, I’d be there, being able to bring supplies to troops overseas,” said Gottstein. “I was never more proud to wear a uniform than on that day about a year ago.”

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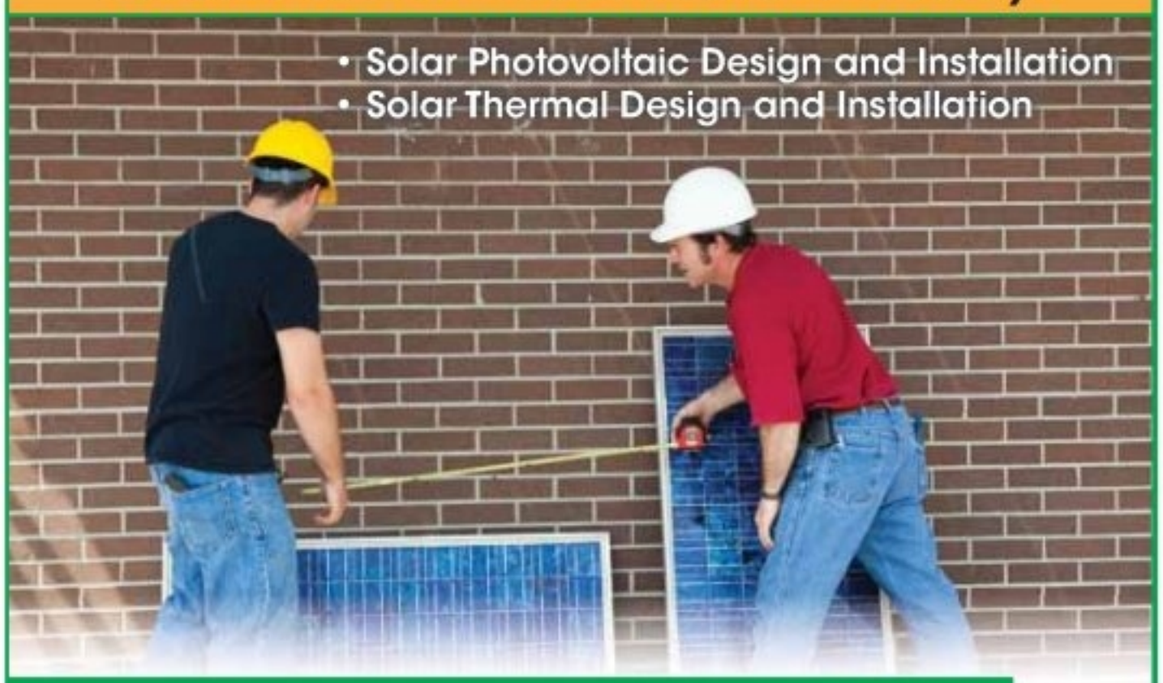

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Obama, Osama, Romney: What if?

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On the eve of the one-year anniversary of America's successful assassination of terrorist leader Osama bin Laden, President Barack Obama, under whose stewardship the risky attack was perpetrated, released a campaign ad boasting of this achievement and questioning whether his rival for the presidency Mitt Romney would have made the same call.

Republicans, naturally, vehemently opposed this tactic. But then, exactly what has President Obama done that the GOP has not decried in the strongest of terms? Health care reform? "Death panels." Tackling economic inequality? "Class warfare." Touting the targeted killing of America's most notorious international enemy? "Silly" and "politically divisive." (That's from Romney.) "Unpresidential." (Romney adviser and former Bush ambassador John Bolton.) Not "professional." (Donald Rumsfeld, Bush secretary of defense.) "Diminishing." (Sen. John McCain.)

The question of whether Romney would have acted similarly to Obama is frankly unknowable. Sure, Romney made a few statements suggesting he wouldn't have, such as one respecting Pakistan's sovereignty. But most people know better than to hold Romney to his word.

Romney would like to distill this issue to its most basic form: "Of course I would have taken out Osama bin Laden," he said, as if it was a simple matter of pushing a button. But this wasn't just a "go or no" operation: Obama had to decide from a menu of options, all of which carried great risk. "Even Jimmy Carter would have given that order," Romney said on Monday. Actually, Carter did give a similar order — a helicopter rescue operation into Iran that failed, ending in the deaths of eight Americans and ultimately his presidency. Obama acted with this knowledge.

Romney has been campaigning for months on Obama's alleged foreign policy weakness; it hardly seems fair to condemn Obama for fighting back. Moreover, Republicans have never shied from campaigning on the war on terror, so why should Democrats? Bush was certainly not shy in this area; where was the disgust back then, when Karl Rove was masterminding the notorious "Mission Accomplished" stunt and accusing Democrats of "cutting and running" in Iraq? Busy, we're sure.

Sadly, the faux outrage has become an all-too-familiar refrain from the right, and they'll sing it until they go hoarse. It's our job to tune it out.

GETTY IMAGES

▶ Obama greets troops at Bagram Air Field yesterday.

Obama in Afghanistan on anniversary of bin Laden's death

President Barack Obama marked the anniversary of Osama bin Laden's death with a speedy trip to Afghanistan, signing a strategic pact with Kabul yesterday and delivering an election-year message to Americans that the war is winding down.

Shortly after arriving under the cover of darkness, Obama and Afghan President Hamid Karzai signed a strategic partnership agreement at the Afghan leader's palace that sets out a long-term U.S. role in Afghanistan, including aid and advisers.

The deal may provide Afghans with reassurances that they will not be abandoned when most NATO combat troops leave in 2014. For Obama, it was an opportunity to draw a line under an unpopular war that was started by his predecessor.

"My fellow Americans, we have traveled through more than a decade under the dark cloud of war. Yet here, in the predawn darkness of Afghanistan, we can see the light of a new day on the horizon," Obama said in a televised address to the American people against the backdrop of armored vehicles and a U.S. flag.

"As we emerge from a decade of conflict abroad and economic crisis at home, it's time to renew America," he said. "This time of war began in Afghanistan, and this is where it will end." REUTERS

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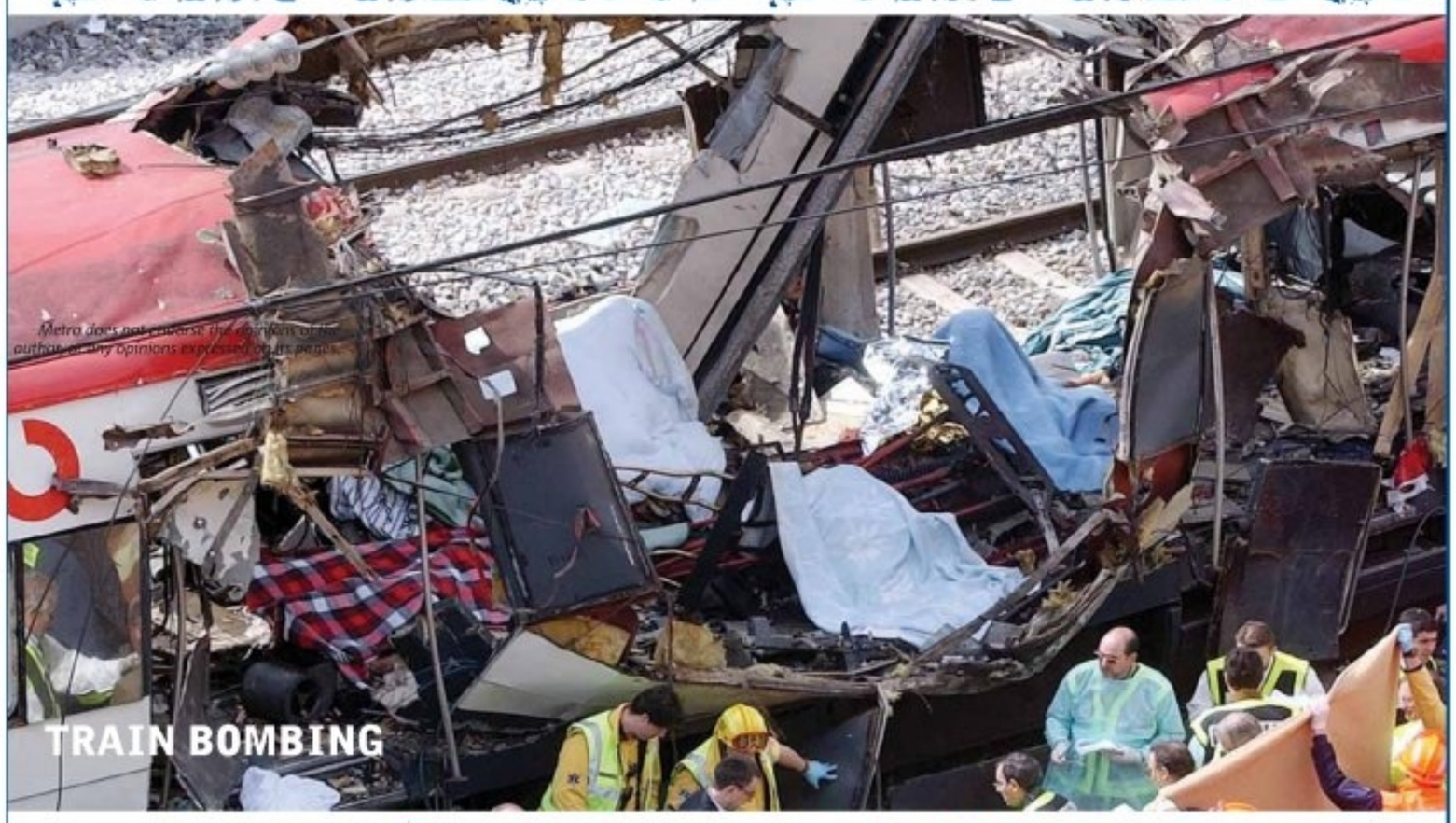

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Clinton heads to China and into dissident drama

U.S. Secretary of State Hillary Clinton left yesterday on a high-stakes trip to Beijing, where a blind dissident is reportedly holed up in the U.S. embassy in a drama threatening to overshadow top-level meetings between the two governments.

Dissident Chen Guangcheng, according to one of his helpers, will demand to stay in China and press on with his campaign for reform, adding to tension between Beijing and Washington that poses risks for both governments as well as to relations between the world's two biggest economies.

Both governments have scrupulously avoided official comment on the Chen case, and neither has confirmed that he is under U.S. protection in Beijing.

Chen's audacious escape from house arrest, under the watch of the world's largest domestic security apparatus, was a "miracle" of planning and endurance, said Guo Yushan, a Beijing-based researcher and rights advocate who has campaigned for Chen and helped bring him to the Chinese capital after his escape.

But he said the 40-year-old, self-taught lawyer wants to stay in China and campaign for reform.

"He was adamant that he would not apply for political asylum with any country. He certainly wants to stay in China, and demand redress for the years of illegal persecution in Shandong and continue his efforts for Chinese society," said Guo on Monday, speaking in his first long interview since he was released from days of police questioning.

REUTERS

GETTY IMAGES

▶ U.S. Secretary of State Hillary Clinton and Defense Secretary Leon Panetta answer questions with their counterparts from the Philippines at the State Department Monday.

News in brief

Appeals court allows Texas to exclude Planned Parenthood

AUSTIN, TEXAS. An appeals court ruled yesterday that the state of Texas can exclude Planned Parenthood from a state health program for low-income women because the organization performs abortions.

The ruling by 5th U.S. Circuit Judge Jerry Smith reversed a lower court ruling Monday in favor of the family planning organization. The emergency ruling on Tuesday means the state is free — for now — to enforce a new rule banning Planned Parenthood from the Women's Health Program, Texas officials said. The court requested a response from Planned Parenthood by yesterday afternoon.

"At this point, Planned Parenthood is not an eligible provider in the Women's Health Program," Stephanie Goodman, a spokeswoman for the Texas Health and Human Services Commission, said Monday.

REUTERS

Syria violence kills 23, UN criticizes both sides

BEIRUT. Violence hit two Syrian provinces yesterday with a rights group reporting 10 civilians dead in an army mortar attack and 12 soldiers killed in a firefight with rebel gunmen as U.N. monitors sought to shore up a flimsy ceasefire.

The United Nations accused both sides of breaching the truce and said it had credible reports that at least 34 children had been killed since the accord took effect on April 12. **REUTERS**

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Jessica Simpson finally had that baby

Although **Jessica Simpson** didn't have the longest pregnancy in the world, it certainly felt like she did. Happily, the eternal wait ended yesterday, with Simpson and fiance **Eric Johnson** announcing the birth of their daughter, **Maxwell Drew Johnson**, on Simpson's website.

The baby was certainly well marinated, weighing in at 9 lbs., 13 oz. But lest Maxwell Drew get all of the attention, let's look at the other famous folks who were able to pop out a baby while we were all fixated on Simpson's ever-expanding waistline.

▶ **Maggie Gyllenhaal** and **Peter Sarsgaard** welcomed daughter **Gloria Ray** on Thursday, April 19 in New York City, her rep confirmed to E! News.

▶ Last week **Katherine Heigl** and husband **Josh Kelley** expanded their family and adopted another daughter, according to People magazine. The baby's name and other details are not available at this time.

▶ It was announced in March that **Charlize Theron** adopted a baby, People magazine reported. "She is the proud mom of a healthy baby boy named **Jackson**," her rep said in a statement.

ALL PHOTOS: GETTY IMAGES

▶ What do you think of the name Maxwell Drew? E-mail dorothy.robinson@metro.us and let us know.

▶ Simpson's ex, Dallas Cowboys quarterback **Tony Romo** and his wife **Candice Crawford** welcomed a son on April 9, his NFL teammates announced on Twitter.

▶ The only birth to overshadow Simpson's? **Beyonce** and **Jay-Z,** who welcomed daughter **Blue Ivy Carter** in January. Of course, they are our version of royalty, whereas Jessica Simpson is a reality TV star/shoemaker who hasn't had a hit song in at least a decade.

So why all the attention on her uterus? The world may never know. For now, let's breathe a sigh of relief and enjoy this time of non-Simpson womb-watching. That is, until photos of Maxwell surface in the tabloid who pays Simpson the most, say, next week.

Brown: 'I didn't get high before I met Whitney'

In his first interview since the death of **Whitney Houston**, **Bobby Brown** is looking to make it clear that the late singer's substance abuse problems weren't his fault. "I didn't get high before I met Whitney," Brown tells **Matt Lauer** during a sit-down for the "Today" show. "I smoked weed, I drank the beer, but no, I wasn't the one that got Whitney on drugs at all." Emphasizing that Houston was hooked on drugs "way before" they met, Brown is adamant: "I'm not the reason she's gone."

Talking points

Mayer dishes on Aniston in new song

John Mayer is reportedly using "Shadow Days," a song off his new album, to finally process the end of his relationship with **Jennifer Aniston**, according to Us Weekly. "It really took him a long time to get over her. He really loved her a lot," a source says. "He wrote the song as a farewell letter, knowing [Jen] would hear it. Ultimately, he's done a lot of self-reflection and he realizes they weren't right for each other." In the video for the song, Mayer drives along a lonely desert road, singing, "I finally learned to let it go."

▶ Mayer

Saldana on boob jobs

Zoe Saldana says she isn't against getting breast augmentation surgery as a pick-me-up. As Saldana sees it, if "an old man was having a midlife crisis and can buy a Porsche and date a 17-year-old, I can buy myself a pair and be the sexiest soccer mom you've ever seen," she says in an interview with Amanda de Cadenet. "As long as you're doing it for reasons that are balanced for you, [it's OK]. It's not even about judging what's right or wrong. There's nobody on this earth who can tell you that what you're feeling is wrong. They can tell you it's different to what they're feeling. That said, I'm OK with people trying to do whatever it is they need to do to feel better."

Segel charms Williams' daughter

For **Jason Segel**, part of winning new girlfriend **Michelle Williams**' heart was winning over her 6-year-old daughter, **Matilda**, according to Us Weekly. "I never thought Jason would ever date someone with a kid," a source close to the "How I Met Your Mother" star says. "But he's taking everything in stride. He's ready to be a grown-up." And apparently his charms are working on the young girl. "Jason knows how to entertain children," the source says of the man behind the Muppets revival. "You can't be that obsessed with puppets and not learn a few things."

Segel

Perry's latest real estate transaction

Katy Perry has unloaded the New York City apartment she bought with soon-to-be-ex-husband **Russell Brand**, pulling in nearly all of the unit's $2.75 million asking price, according to the New York Post. Perry bought the two-bedroom duplex in the Tribeca neighborhood just 18 months ago — a month before she and Brand tied the knot.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Alec Baldwin has a new retirement strategy, Bette Midler is feeling special, Sarah Silverman is feeling the heat and Seth MacFarlane isn't looking for new friends.

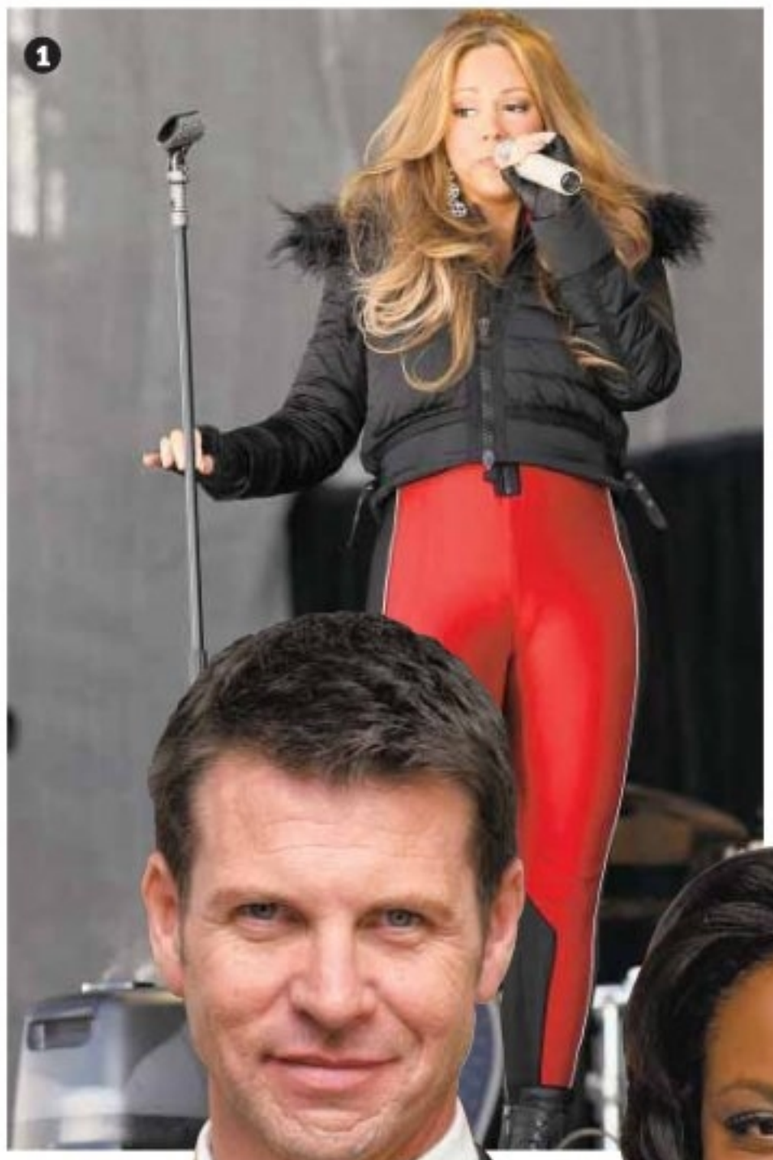
@alecbaldwin: If everyone that follows me sent me $20, I would be able to finally have some well-deserved peace and quiet...

@BetteMidler: People, I have just recovered from being a clue in @NYTimes Crossword puzzle yesterday...

@SaraKSilverman: Fun fact: despite all the dirty tweets I send, the one about this march for Women has received the most hate mail

@SethMacFarlane: If you have ever pinned a "Cathy" strip to the wall of your cubicle, I am content for us to remain strangers.

Midler



Camels, snakes and one dictator for your hump day

1: Mariah Carey (and one pair of too-tight pants) performed at the "Top Of The Mountain Concert" at Idalp on Monday in Ischgl, Austria.

2: Actors **Lloyd Owen** and **Heather Headley** attended a photocall to promote their new musical "The Bodyguard," based on the classic film of the same title, at The Savoy Hotel yesterday in London.

3: Jennifer Lopez, bedazzled with a fake snake, and **Enrique Iglesias** posed backstage at a press conference at Boulevard3 on Monday in Hollywood.

4: Jason Statham attended the European premiere of "Safe" at on Monday in London.

5: Sacha Baron Cohen arrived as "The Dictator" at Sydney International Airport yesterday in Sydney, Australia.

6: Elizabeth Hurley and **Sir Elton John** attended the Breast Cancer Foundation's Hot Pink Party at Waldorf Astoria Hotel on Monday in New York City.

1: IAN GEORGE/GETTY IMAGES
2: BEN PRUCHNIE/GETTY IMAGES
3: LESTER COHEN/WIREIMAGES
4: GARETH CATTERMOLE/GETTY IMAGES
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myentertainment

Breaking through with a 'Break It Yourself' approach

Andrew Bird on the late-night TV rounds, a potential new sound and his 'solitary, antisocial leanings'

CAMERON WITTIG

Andrew Bird plays a sold-out show tonight at Union Transfer.

One week after Andrew Bird filmed an appearance on "Jimmy Kimmel Live!" in Los Angeles, the singer-songwriter and violinist is back home in New York with his segment due to air that night. Apart from "Saturday Night Live," Bird has done just about all the late night TV shows. "'Colbert' was a high point," he says, admitting he's a big Stephen Colbert fan. He's confident that "SNL" will happen, "in due time."

And Bird is due. "Break It Yourself," an album which his bio calls his 12th album, has just been released.

"I call it my ninth album," Bird says. "It's the ninth album that's had a cycle to it. There's been a live record and soundtracks. If you count them all up, there's probably 15 or 16."

That includes his pre-solo outfit Andrew Bird's Bowl of Fire, which highlighted the 38-year-old's love of pre-war jazz before his singer-songwriter turn. Bird's future work, however, might take yet another musical twist.

"I continue to write songs that make sense as an Andrew Bird record, but I hear things that I don't know how to pull off yet."
BIRD

"I continue to write songs that make sense as an Andrew Bird record, but I hear things that I don't know how to pull off yet. All I can say is what I am hearing is less pop-oriented and more devotional, or religious. Not religious in the sense of 'Jesus I love you,'" he emphasizes. "It seems like it might be time to do something a little different."

LINDA LABAN
linda.laban@metro.us

The antisocial network

Andrew Bird is a Chicago native, but has called New York City home for almost two years. "Break It Yourself" plots his trajectory from a breakup to a new life there.

"I don't tend to write songs where there's any mention of breaking any hearts. There's a theme on the record of being self-contained, self-satisfied, I suppose. A lot of New Yorkers are experts at that. I'm puzzling through whether that's a virtue, not needing anyone else. I've got my own solitary, antisocial leanings. I'm kind of questioning those on the record."

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TV watch list

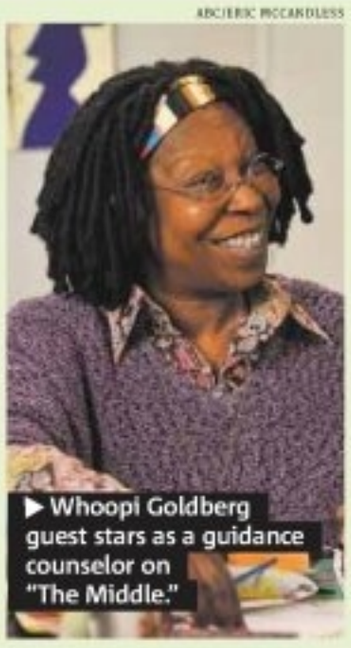
'The Middle'

COMEDY. Whoopi Goldberg is offering advice to teens everywhere on television this week, first as an admissions officer on "Glee" yesterday, and now as a guidance counselor with awkward methods of inspiration for Sue tonight. **8 p.m., ABC**

'Suburgatory'

COMEDY. The "Clueless" reunion of Jeremy Sisto and guest star Alicia Silverstone is more than enough to get most Gen Xers to tune in to this fun, underrated sitcom. But even if the George-Eden relationship that's been kindled is threatened by neighbor Sheila's (Ana Gasteyer) incessant meddling tonight, some of those viewers are bound to discover that "Suburgatory" isn't such a bad place to visit. **8:30 p.m., ABC**

ABC/ERIC MCCANDLESS



▶ Whoopi Goldberg guest stars as a guidance counselor on "The Middle."

'American Idol'

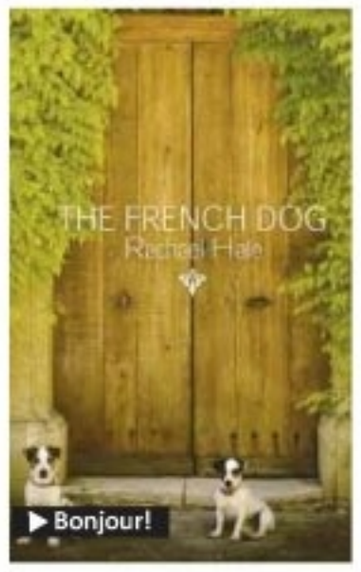
REALITY. We're down to the Top 5 contestants, who will take on songs from British artists. Any guesses on how many Adele tunes will make the cut? At least five? **8 p.m., Fox**

AMBER RAY

What we're into

'The French Dog'

The idea behind Rachael Hale's stunning new photography book is simple: Everything looks better in France. Shih Tzus scampering through marble-tiled courtyards are somehow fluffier and bulldogs waiting patiently under cafe tables look more hopeful. Cocker spaniels are at their peak of entitlement when in Parisian sitting rooms and German shepherds are even more noble when on the lookout in the Jardin des Tuileries. If you think you have been truly sassed by a stateside Yorkie, you are wrong.



▶ Bonjour!

The book is littered with reflections on living the simple life and letting go and buttering your croissants. Whatever, France: We're busy figuring out how to steal Rachael Hale's job — and her little corgi, too.

MONICA WEYMOUTH

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DENSELY LAYERED 'DESIRE'

HEADLONG DANCE THEATER

▶ From left: David Brick, Amy Smith and Andrew Simonet rehearse in their South Philly studio.

Set to an R.E.M. soundtrack culled from their college record collections, Headlong Dance Theater's latest explores the less ideal aspects of utopia

Headlong Dance Theater's Andrew Simonet, Amy Smith and David Brick were sweeping up onion husks after a recent rehearsal in their South Philly studio. Now in their 20th year of creating a distinct hybrid of dance-theater, the performers are still cleaning up their own messes.

Their latest creation, "Desire" — one that calls for a stage covered in onions — marks the first time in more than a decade that HDT has performed with their original three-person lineup.

The piece borrows heavily from Richard Brautigan's 1968 novel "In Watermelon Sugar," a chronicle of the rise and fall of a utopian community. But "Desire" is an examination of a more contemporary idealistic group: Headlong Dance Theater itself.

"I think what we're struggling with here is: Can you make a little utopian micro-world in your dance company — or your rock band?" says Simonet, sitting on a freshly swept stage. "'Watermelon Sugar' is about doing that, but it's also about how bristle-y and prickly it is to do. It's not just a sunshiney, happy LSD trip."

Directed by Swarthmore professor K. Elizabeth Stevens, "Desire" will feature old R.E.M. tunes from the troupe's college record collection.

As for all those onions onstage? "We like the idea that they're sweet when they're cooked, but real pungent — almost too much — when they're raw," says Brick.

But then Simonet attempts to peel the metaphor a bit further: "For me, the really interesting stuff in relationships happens a long time into it. I used to think that all the really interesting stuff happens at the beginning — the fiery, cool s—. But now I feel like the good stuff is after 15, 20 years."

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"I think what we're struggling with here is: Can you make a little utopian micro-world in your dance company — or your rock band?"
ANDREW SIMONET

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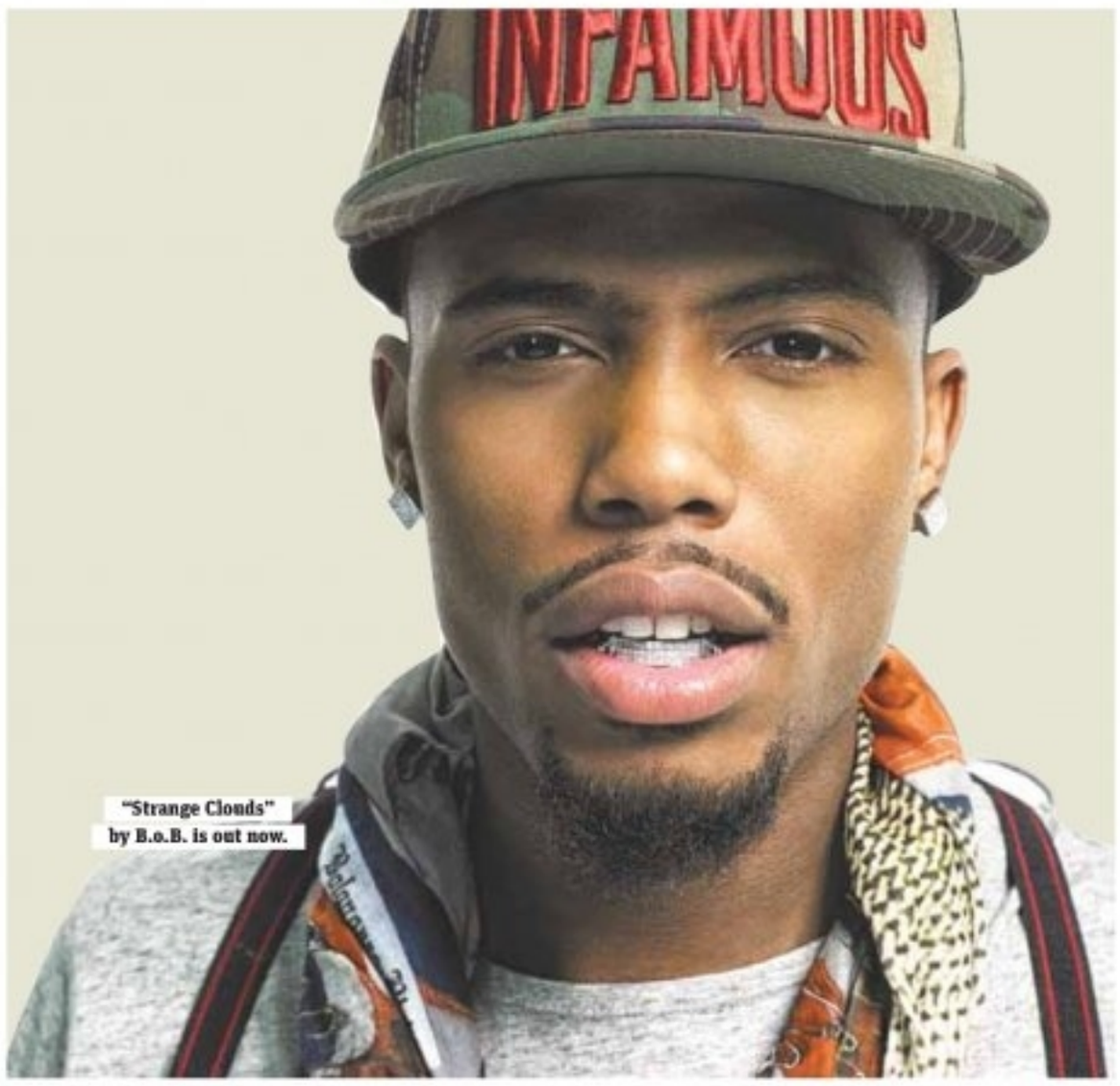

"Strange Clouds" by B.o.B. is out now.

B.o.B. HAS HIS HEAD IN 'STRANGE CLOUDS'

Don't expect the rapper's brand new album to sound like a sequel to 'Airplanes' Why he enlisted Taylor Swift to help him with his sophomore effort

After the massive hits on his debut, B.o.B. is primed for an easy smash of a follow-up, if he just follows the formula. But he probably doesn't even need to do that.

The Atlanta-based emcee and multi-instrumentalist gained a worldwide audience with "Nothin' On You," featuring Bruno Mars, and "Airplanes," featuring Eminem and Hayley Williams — but he went the opposite direction with his new album, "Strange Clouds."

The new work features such hit makers as Lil Wayne (on the title track), Chris Brown, Nicki Minaj, T.I., Trey Songz and Roscoe Dash. But the standout guest might just be Taylor Swift (see sidebar).

"I approached this with a blank canvas. I don't really try to hold onto what was successful about the last album." B.O.B.

"I approached this with a blank canvas," says the rapper. "I don't really try to hold onto what was successful about the last album."

Now that the album is in stores, the work doesn't stop for B.o.B. There are plans for an international tour and more music including a collaborative album with T.I., titled "The Man and The Martian."

"It's definitely something," he says. "Right now we are getting both of our solo projects out there. We can't really speak too much about it. We have a few songs recorded for it already though."

G. VALENTINO BALL
letters@metro.us

'You Belong with Me'

B.o.B. came into the world 23 years ago as Bobby Ray Simmons, Jr., which sounds almost like the name of a country performer. But that's not the reason that Taylor Swift fits right in on the new album's song "Both of Us." B.o.B. explains how the country star who loves hip-hop signed on after he did a guest spot on her tour.

"She arranged for me to come to Dallas to perform 'Airplanes,' and that's when I played the song for her," he says. "She was instantly on board. And we ended up with a masterpiece."

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Embrace the man bracelet

Male jewelry used to be the mainstay of the gap-year student, wayward teens and counterculture clans, like punks and rockers. Then the metrosexual trend and one David Beckham came along and changed everything. Now, you're just as likely to see a stack of colorful bracelets on the arm of an off-duty investment banker as a bohemian.

"Stars made it acceptable," says Robert Tateossian, whose eponymous global jewelry line is helping to fuel the trend. He recalls the Live Strong charity band craze, which made the idea of arm adornment more acceptable.

The retail world may be slow to catch on. "A lot of retail buyers around the world still stick to their credo of 'men do not wear bracelets,'" he admits. But he's seen his sales increase between 10 to 20 percent over the past few years. We round up four of the most popular styles at the moment.

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The sound of gaming

Everywhere you go, it's "graphics this" and "graphics that." All of this anti-ear propaganda has got to stop! Without audio, collecting coins and stomping on Goombas would be a sad, loveless affair. Certain peripheral manufacturers understand this and are doing their best to make modern games sound as good as they look. Here are a few recent attempts at aural greatness.

A30 Wireless Headset and Mixamp

Company: ASTRO Gaming
Grade: ●●●●◎

So, you actually respect your neighbors? Then you may not want to blast "Call of Duty" at 4 a.m. Use the A30 Wireless Headset and Mixamp instead. Astro Gaming's little beauty lets you fully customize what you hear while you frag the heck out of some random 13-year-olds. Want to focus on their incessant whining? The A30 lets you do that. It's all wireless, so you can lay on the couch with nothing to hold you back from utter and complete lethargy. Yes!

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

Nyko Vita Speaker Stand

Company: PS Vita
Company: Nyko
Price: $30
Grade: ●●●●◎

Nyko Vita Speaker Stand

If you spent your teen years blowing out your eardrums at punk shows, then portable systems just might not seem loud enough to you. This goes double when using portables to watch Netflix or use Skype. Enter Nyko and its Vita compatible speaker stand. It works like a charm, using a simple cradle, and the price is certainly right. It also doubles as a charger. Finally, you'll be able to understand all of Nathan Drake's snappy one-liners.

Try this

Orb Audio Booster

Company: Orb Audio
Console: PC/TV/All consoles
Grade: ●●●●◎

The main problem with being an audiophile in a big city is space. Who has the room for all of that square footage? Speakers and amps are huge, and we live in exposed-brick coffins. Orb Audio has been chipping away at this problem for years, and its newest creation is the Orb Audio Booster system. This speaker/amp combo sounds nearly as good as a high-end solution but clocks in at about the size of two tennis balls and a small book.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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The Thor workout

All gods have superhuman qualities. In Thor's case, he's got superior strength and speed — plus biceps. Unfortunately, we mere mortals — including Chris Hemsworth, who stars as the Norse God of Thunder in the upcoming "Avengers" film — have to work hard if we want to look the same, according to Mike Knight, Hemsworth's personal trainer.

"People want to be as powerful as a bodybuilder but at the same time be fast and look sleek and slender," he says. "Combining the two physical attributes isn't so easy — it requires merging two different body types. However, it's not impossible."

Bodybuilders look good, but their bodies aren't functional for everyday life. And those who are less muscly? Not so impressive. To help you get the best of both worlds, Knight created a system that can make you both lean and muscular.

▶ "The Avengers," starring Chris Hemsworth as Thor, hits theaters Friday.

MARK FELLMAN/MARVEL STUDIOS

How to look like a Norse god

Knight treated Hemsworth like an offseason bodybuilder:

"First, I bulked him up and made him put on as much weight as possible. After that, I stripped off all body fat, leaving nothing but pure muscle."

The regime was split into two parts:

- Bodybuilder type workouts based on high-weight, low-repetition moves designed to get Hemsworth as big as possible
- "Infusion" circuits mixing bodybuilding and martial arts to shift the excess fat gained in phase one, while maintaining muscle

ROMINA MCGUINNESS
METRO WORLD NEWS IN LONDON

Phase 1: The building

To reach his ideal weight of 235 pounds, Hemsworth spent 12 weeks doing classic bodybuilder exercises that included inclined presses, Turkish getups, windmills, squats and pull-ups. To add bulk, Knight integrated kettlebell weights, a great metabolic tool that builds up core strength.

According to Knight, the heavier a kettlebell, the safer. "Never hold less than 50 pounds in each hand. Anything below that and you'll be tempted to use your arms to lift the weights. This is when you'll get hurt. When using kettlebells, you need to use your hips to do the lift."

Food of the gods:

What you eat is crucial if you want to be strong: "Chris needed to bulk up, so it was a matter of upping his calories so that he could gain up to two pound a week. Towards the end of training he was eating 6,000 calories a day but working out so much that he was burning them right off. His diet included huge quantities of grains, vegetables, lean protein and potatoes." After he got big, Knight then had to get him back down to 218 pounds.

Phase 2: 'Infusion' training

Once he had gained muscle, Hemsworth went on a four-week fat loss plan.

He focused on "infusion" training, a combination of bodybuilding and mixed martial arts. Knight devised a total-body circuit that included sledge hammers, "ropes gone wild," log presses, Prowler sprints and, once again, kettlebells.

"I had to get Chris moving quickly and constantly," says Knight. "Can't do a push-up? Hold a plank, so long as you keep doing something."

One of Knight's favorite MMA moves was "ropes gone wild": For this move, Hemsworth held a 55-foot rope in each hand, lifting and lowering to create an undulating motion — his heart rate could reach up to 190 beats per minute doing this.

The caveman diet:

Chris ate like a caveman; his diet was supersimple and consisted of nothing other than clean foods that weren't loaded with garbage. "Chris could eat anything that came off trees and from the ground, such as nuts and berries," says Knight.

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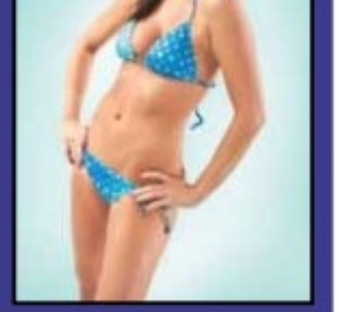
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Far-right program must have a glitch

RE: "WAKE UP AND SMELL THE NEW NEW DEAL": Is Frank St. George a real person, or is that just the name of an antiquated right-wing computer program designed to spew out predetermined, nonsensical responses to any current issue being discussed by actual humans? The bizarre data emanating from this program indicate that some screws might be loose. References to "the 1930s, when the New Deal was in effect" — as if significant portions of the New Deal haven't been in effect this entire time, including government services that Americans rely on daily — appear to emanate from problems in the American history section of the program. Then the program urges another letter writer to "enter the 21st century" directly after complaining about the supposed lies of climate change and the need for sustainability. What 21st century could "he" be speaking of? Surely it is not the one where almost every thinking human knows that these are significant issues for the survival of the planet! The "sarcastic joke" part of the program appears faulty, as well. **ROBERT TROMBETTA, PHILADELPHIA**

Gingrich, Santorum only hurt Romney

Gingrich and Santorum have quit the presidential race! With those two clowns endorsing Mitt Romney for president, it's a fatal kiss of death. Maybe they should help Romney and the Republicans by endorsing President Obama instead.
ALAN JACOBS, VIA E-MAIL

Occupy: Truly about the 99 percent

RE: "THE LEAST PRODUCTIVE CITIZENS ...": To Joshua Tordoff, who made the comment about least productive citizens on May Day: Either you are a millionaire or just ignorant. I am a very productive citizen who is working harder but getting paid less while paying a greater percent of taxes than a lot of big corporations. If you would pay more attention to what is going on around you, you would realize the average worker is getting paid less while the wealthy minority gets richer. Unless you are a multimillionaire, you should wake up and be in support of the Occupy Wall Streeters.
KEVIN VALENTINE, VIA E-MAIL

Communism has nothing to do with the Occupy movement; that word is thrown about so often by folks like Joshua Tordoff that it's almost lost its meaning entirely, becoming just another buzzword for senseless fear, much like "socialism" and "Obamacare." The goal of the Occupy movement is to raise awareness of the fact that the rich get away with too many tax benefits and to allow the working class to be able to afford a decent standard of living. Since when is addressing economic injustice laughable?
DARREN AYLAND, VIA E-MAIL

Tea Party did great job stifling recovery

Four years have passed and the Tea Party have offered no legislation to avert another financial crisis. What they have done is obstruct every piece of legislation Obama's administration brings to the table — good or bad! Their birth is an equal and opposite reaction to Obama's election and everything he represents.
RICH BRITTLE, VIA E-MAIL

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Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♉ Taurus **April 20-May 20.** Something rather exciting could happen if you visit places where you have a chance to make new contacts. Expose yourself to these occurrences, and the universe will do the rest.

♊ Gemini **May 21-June 20.** If you continuously stay positive, an important situation in which you're presently involved will work out to your satisfaction, or perhaps even better than you thought possible.

♋ Cancer **June 21-July 22.** Rather than discussing something important over the telephone or even putting it to paper, you'll be much more effective going over the matter in person, if that's at all possible.

♌ Leo **July 23-Aug. 22.** Financial trends are moving in your favor, so if you have anything important monetarily that needs to be shared with others, do so now.

♍ Virgo **Aug. 23-Sept. 22.** If at all possible, avoid people who always try to tell you what to do and how and when to do it. Your personal freedom and independences will be of utmost importance to you.

♎ Libra **Sept. 23-Oct. 23.** Your day won't count for much if you fail to be compassionate when a situation calls for it. It's not what you do for yourself as much as what you do for others that'll bring the most joy.

♏ Scorpio **Oct. 24-Nov. 22.** Base your social activities around friends with whom you're totally at ease. Pretentious people will put you in a negative mood and make yours and everybody else's day miserable.

♐ Sagittarius **Nov. 23-Dec. 21.** If you have responsibilities dumped on your shoulders that affect others as much as they do you, take them very seriously. Everyone will suffer if you are indifferent or negligent.

♑ Capricorn **Dec. 22-Jan. 19.** Your intuition regarding the outcome of events is likely to be right on the money. If you have to make any projections for the day, refrain from listening to others.

♒ Aquarius **Jan. 20-Feb. 19.** Joint ventures should work out quite satisfactorily, provided nobody tries to rush things beyond their normal pace. Press forward without being pushy.

♓ Pisces **Feb. 20-March 20.** It's best not to make any important decision that affects the entire family without first talking things over with them. Move on only after they've all had their say.

♈ Aries **March 21-April 19.** Don't hesitate to take on something that is a bit beyond what you normally handle. It's a day when things come easier for you, and that includes handling something new.
BERNICE BEDE OSOL

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14 Not ready
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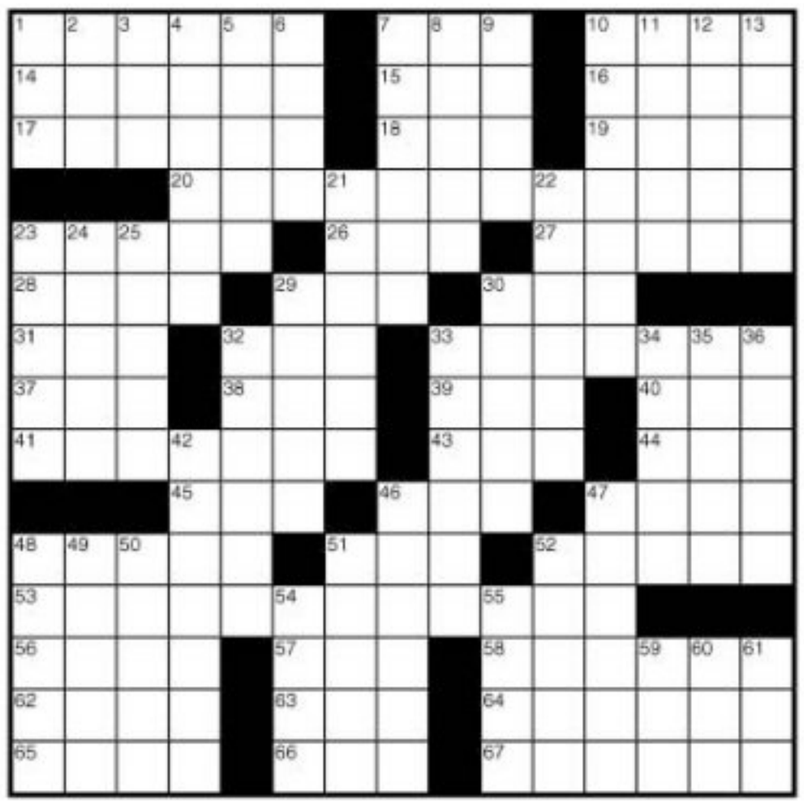
26 Make ends meet
27 Inched forward
28 Interstate
29 Captain's milieu
30 Pale blond
31 Holidayless mo.
32 Entree choice
33 Droopy-eared hounds
37 Slangy pal
38 Miners dig it
39 Son of Val and Aleta
40 Fireworks noise
41 Blew fiercely
43 Generous __ __ fault
44 EMT's skill
45 Reaction to a mouse
46 Checkers pieces
47 Weather grp.
48 Days-old
51 Road-map org.
52 Posh
53 Works from home
56 McEntire of music
57 Faint
58 Naval rank
62 All-purpose trucks
63 Double helix
64 Give Novocain
65 How do I love __?
66 Roman sun god
67 Bill passer

Down
1 Pirate's swig
2 The Plastic __ Band
3 Hacienda Mrs.
4 Lightly colored
5 Touche provokers
6 Start all over
7 California motto
8 Novel or short story
9 Debate side
10 Elephant seats
11 Aramis' friend
12 Ditty or jingle
13 Sat for a portrait
21 Regarded as
22 Small plane
23 Haik wearers
24 Trial venue
25 Myopic Mr. __
29 Spock's father
30 Baseball's Hank __
32 Shop equivalent (2 wds.)
33 Cajun's boat
34 Orlando attraction
35 Gold-orange gem
36 Nozzle choice
42 Let go
46 Cat or rat
47 Sentra maker
48 Majorette's gait
49 Fangs
50 "The Zoo Story" penner
51 PABA part
52 Ms. Zellweger
54 Track postings
55 Danson and Koppel
59 Ms. Lupino
60 Come down with
61 Windsock dir.



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SUDOKU **LEVEL: EASY**

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	5						1	
7		8	5				6	
9	7			6		5	3	
			1		3	2		
		5		9				

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

S	I	B	S	■	Y	E	G	G	S	■	C	H	I	T
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A	L	O	E	■	M	A	Y	O	R	■	N	O	I	R
V	A	C	U	U	M	■	■	F	I	N	E	S	S	E
■	■	■	T	R	I	■	V	E	G	A	■	■	■	■
B	A	G	H	E	E	R	A	■	■	R	E	A	C	T
O	V	A	■	■	S	E	N	■	■	C	E	D	A	R
D	I	V	E	S	T	S	■	M	A	S	C	A	R	A
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■	■	■	■	A	F	A	R	■	R	A	Y	■	■	■
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L	A	T	E	■	S	T	R	U	M	■	R	A	K	E

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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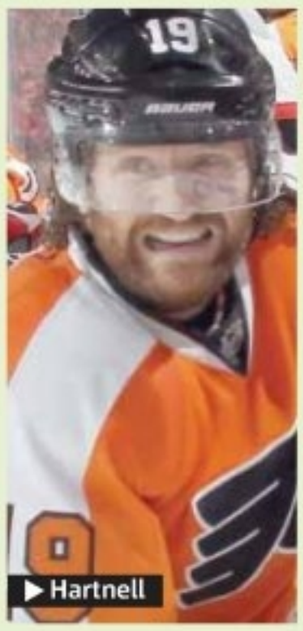
What went wrong in Game 2

1 Good Bryz, Bad Bryz. Ilya Bryzgalov was brilliant early, standing on his head while getting a well-deserved standing ovation. He stopped 12 shots in the second period. However, his offense gave him no support and Bryz fell into same old habits allowing three goals in under 11 minutes late. But don't blame Bryz. He still stopped 31 shots behind a sluggish defense.

2 Where was the power play? The Flyers' main source of energy in these playoffs has been their top-ranked power-play unit. But that unit never showed up, going 0-for-5. Scott Hartnell negated one man-advantage early in the third, which made it 4-on-4 hockey and put the Devils on the board.

3 Get shots on net. Danny Briere, Wayne Simmonds and Sean Couturier all preached about creating traffic and getting pucks on net prior to Game 2. None of that happened. In fact, the Flyers looked bad from midway through the first on. The Orange and Black were outshot for the game (35-20) and endured an almost 19-minute shotless stretch in the second period. It marked the franchise's most woeful period since registering just two shots versus New Jersey in the 2010 playoffs. MIKE GREGER



▶ Hartnell

DEVILS 4 | FLYERS 1 **Best-of-seven series tied, 1-1**

▶ Ilya Bryzgalov was standing on his head early, but then the levees opened in the third period in a 4-1 defeat.

DEVIL'S NIGHT

Bryzgalov's 31 saves not enough in 4-1 loss ◗ van Riemsdyk's energy doesn't rub off on teammates ◗ Flyers-Devils back at it tomorrow night

Flashes of last year's postseason were on the minds of many Flyers fans. Not for the way that run uneventfully ended (a semifinals loss to Boston), but by the way James van Riemsdyk has been playing.

The 22-year-old has shown an aggressiveness you might not expect from a kid that missed 39 games while dealing with a myriad of ailments, including a concussion.

"I think the layoff helped him," coach Peter Laviolette said. "Everybody expects James to come back and play like that."

In the first period last night, that was on display once again. Van Riemsdyk was attacking pucks and racing down the ice with reckless abandon. Unfortunately, all that jam fizzled after Matt Read's first-period goal and the Flyers fell 4-1 in an uninspired Game 2 loss.

40 Martin Brodeur will celebrate his 40th birthday Sunday. He stopped 19-of-20 shots.

But credit van Riemsdyk's effort. He got into it with Martin Brodeur in the first period, when he bumped the Devils netminder and drew a slashing call. A brief fight ensued, perhaps some spill-over from Game 1, after a controversial screen — at least in Brodeur's eyes — set up the game-winning goal.

"I love playing the big games, when it means a little bit more," van Riemsdyk said. "I've always kind of prided myself on that."

van Riemsdyk, who inked a six-year, $25.5 million contract extension in the offseason, skated mostly on a line with Danny Briere and Jake Voracek for a second straight game. While he failed to register a point in Game 2, he certainly made his presence felt.

"I tried to stayed positive throughout all the bumps in the road throughout the year," van Riemsdyk said. "It's definitely good to get some confidence back and get going."

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ON TV THURSDAY

Game 3: Flyers at Devils, 7:30 p.m. (NBCSN)

Scoring recap

It was an anemic offensive display in Game 2 — until the Devils got it going late.

- Flyers: 2:53, first period, Matt Read. Assists: Brayden Schenn, Wayne Simmonds.
- Devils: 3:08, third period, Adam Larsson. Assists: Dainius Zubrus, Peter Harrold.
- Devils: 11:17, third period, David Clarkson. Assist: Zach Parise.
- Devils: 14:01, third period, Travis Zajac. Assist: Stephen Gionta.
- Devils: 17:09, third period, Bryce Salvador. Empty net.

Soul on fire

Soul on top of AFL rankings

While the Eagles rest, the Philadelphia Soul are enjoying an explosive season. The city's AFL franchise is ranked No. 1 in the league's power rankings after posting a record seven straight 60-point performances.

The Soul (6-1) beat Orlando 69-53 last week. They'll host Milwaukee on Saturday (7:05 p.m.) at the Wells Fargo Center. The team is averaging 73.4 points per game, which would break the AFL's all-time points record in a single season — if they can keep it up

"The numbers don't matter if you don't achieve your ultimate goals," said coach Doug Plank.

A day in the life of Phils pitcher Vance Worley

Worley's World

AS TOLD TO ED CONDRAN

A WEEKLY DIARY

You can't miss Vance Worley when he is on the mound. The big, quirky member of the vaunted Phillies rotation sports those red goggles and, of course, there is the mohawk. You can't miss Worley on the diamond. You would think that it wouldn't be so easy to identify Worley off the field. But that's not so. Worley is a magnet for fans.

"It's crazy," Worley said. "I try to stay out of the public eye, but I can't."

That's the way it is even though Worley often wears wrap-around shades, a hoodie and a ballcap.

"But they [fans] till recognize me, even though they can't see my eyes. It's like, 'Hey, there's the half-Asian guy with the mohawk. I'll hear, 'Hey Vance,' at the mall. Then I start walking faster."

Worley isn't the second coming of Mike Schmidt, who would rather give out his social security number than sign for a kid. *(When I was 10, I popped my pen and paper through the fence and the future Hall of Famer said, 'I can't.' I remember thinking, 'No, it's that you won't.')*

However, 'Vanimal' is very accommodating. During spring training, I watched him sign for fans daily walking from the clubhouse to the dugout. He even signed for fans while walking to his car after practice and games.

Worley could have avoided that by parking in the front of the complex, along with the other big guns. But Worley opted to take his car in the back, along with the minor leaguers.

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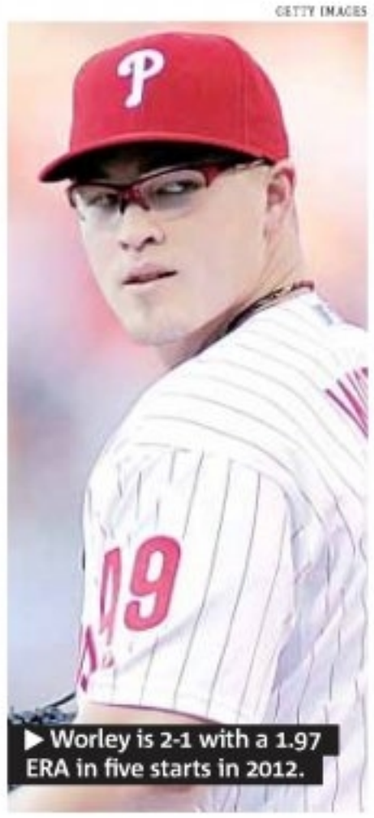

▶ Worley is 2-1 with a 1.97 ERA in five starts in 2012.

"I asked him why he does that," said a Bright House security guard. "He said that he doesn't belong up there. I said, 'You do, you're in the rotation.'"

Worley just craves his space. That's not unreasonable. That's why he's a little ticked off that some fan leaked where the sides of his head is shaved.

"Man, I can't believe somebody blew up my spot by tweeting where it is," Worley said. "Just saw Vanimal getting his hair cut at this place, the guy tweeted. C'mon, give me a break. I need a place where I can go and just relax."

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Tools of the trade: Phils stay in shape with TRX

Those ads are always on while you relax and sip your late-night cocktail.

You know, the ones promising tighter abs and toned pectorals. Well, professional baseball teams are using similar — albeit significantly more advanced — versions to aid in their everyday training.

TRX Suspension Training, a company born in the U.S. Navy SEALs, leverages gravity and an athlete's own body weight in a portable suspension device that is easy to transport and conveniently fits on a field-goal post or over a hotel room door. The Phillies have been using TRX for the past five years, according to strength and conditioning coach Dong Lien. The training tool is perfect for squats, rows, tricep extensions, bicep curls and core programs.

"It's not your typical machine," Lien said. "It's almost like a rope, in that it has handles and you can clip it to the end of any stable device. It is a complete body workout."

Lien said the Phillies have two TRX devices permanently set up in the team's weight room and the players always gravitate toward them. Even those in rehab.

"It's a nice warm-up before you start lifting weights," he said.

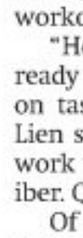
Lien wouldn't give out specific names, but he was quick to praise Roy Halladay's legendary work ethic. The staff ace usually makes reporters wait close to 40 minutes after starts, as he completes his workout routine.

"He's the first to arrive, ready to go at 5 a.m. He stays on task, he's so regimented," Lien said. "It's great for me to work with someone of his caliber. Quite an honor."

Of course, the 2012 season hasn't gone exactly the way Lien and the Phils drew it up. Ryan Howard (Achilles) and Chase Utley (knees) haven't seen the field yet. Cliff Lee (oblique) recently hit the disabled list. Jim Thome is fighting a chronic back injury. And workout beast Hunter Pence is also nursing a sore shoulder.

No worries, just part of the grind.

"It's always challenging for us with injuries," Lien said. "We want to keep our players on the field, try to prevent them as much as possible. This year is no different."



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Game day

Dong Lien started as an intern with the Phils in 2005. Now, his title is major league strength and conditioning coach. He said the job is 24-7, home and on the road, and it carries various duties on game days. Here are some highlights:

- Before batting practice, Lien does prep work in the weight room. Each player has a finely-tuned routine to address his specific needs.
- After that, Lien takes the guys through stretches.
- After games, guys watch video of their at-bats, then it's back to the weight room for some light lifting.
- "It's constantly busy with 25 players on the team," Lien said.

▶ An athlete demonstrates the TRX training tool.

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▶ Vinny Curry was slated to be a first-round pick, but slipped to the Eagles in the second round.

Curry and the Eagles, a match made in heaven

◗ Second-round pick living dream with hometown team ◗ Remembers cheering for Birds as youngster ◗ Expected to be immediate contributor

Vinny Curry didn't want the cameras in his home before his name was called out in last week's NFL draft. The Eagles' second-round draft pick had something to hide.

Nothing sinister, just a little embarrassing. You see, Curry's room is decorated with Eagles memorabilia.

"The NFL Network and all these TV stations wanted to come to my house and I said no because I wasn't taking this stuff down," Curry said. "It would have been my last day as an Eagle fan if I would've gone to a different team, but I wouldn't have taken it down."

Curry was raised an Eagles fan in Neptune, N.J. He said he used to rush home after Pop Warner games to see his boys play. Now Curry, a kid who grew up idolizing Ricky Watters and hating the Cowboys and Giants, is a proud member of the Philadelphia Eagles. He called his first day at the NovaCare Complex — last Saturday during Brian Dawkins' retirement ceremony — the "greatest day of his life."

"I wish my mother was alive to see me be an Eagle," Curry said. "I'm a really positive guy and I want people in my hometown and all across the world to know that there is never a dream too big as long as you keep your mind on things, you put your blindfold on, and you stay positive and true to yourself, all things are possible."

Curry was originally penciled in as a first-round pick in this draft. However, he slipped all the way to the second round, until the Birds took him with the 59th overall selection.

"It gives you a big chip on your shoulder," he said. "I'm an underdog anyway, it don't matter where I'm at. Everybody was expecting me to get dogged and not do as well, but in my heart, this is what I do and this is what I love."

Curry even got a little advice from Dawkins.

"He said, 'It's a beautiful city and wonderful organization. Welcome to the family.'"

MIKE GREGER
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Scouting report

In Vinny Curry (6 feet 3 inches, 266 pounds), the Birds drafted first-round talent in the second round. He should make an immediate impact in Jim Washburn's aggressive, pass-rushing rotation.

- **Our take:** Curry isn't just a speed-end, he's a legitimate playmaker. In addition to recording 11 sacks in 2011, he forced seven fumbles
- **Skills:** Relentless and strong off the edge. Good closing speed, great hands.

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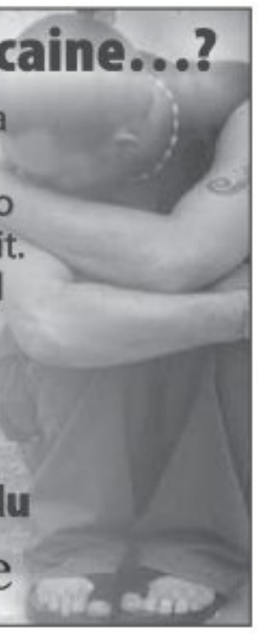

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Growing with their neighbors

A once-vacant lot is now flourishing as a community garden in the Nicetown-Tioga neighborhood Grant will help neighbors create two more green public spaces

Kim Niemela is far from the first person to look at a vacant lot in Philadelphia and want to create a garden. But for Niemela, director of public art non-profit CosaCosa, the stakes are higher than simply improving property value or dressing up an eyesore. After helping the Nicetown-Tioga community launch the Healing Garden in 2007, she's seen firsthand the potential of an abandoned piece of land in a neighborhood that deserves better.

"It's almost a sacred space," she says of the well-tended plot at N. Marvine & W. Venango streets. "If there's a death in the neighborhood, it's become a space for memorials and remembrance. It's a place for games, it's a place for meetings — it's a real hub of life here."

Now, thanks to a new $75,000 grant from the Knight Arts Challenge, CosaCosa is in the process of acquiring two new lots in the neighborhood. One will serve as a vegetable garden — there's been an interest in greening and gardening in the community since the Healing Garden — while another will be transformed into a meditation space.

While CosaCosa serves the entire city, Nicetown-Tioga was the natural candidate for the new gardens. Not only does the organization have a decades-long relationship with the area, but there's still work to be done and community members eager to do it.

"There are a lot of empty lots — it's one of the more challenged neighborhoods," says Niemela. "But there's a lot of people there trying to make it better — a real sense of wanting to revitalize the neighborhood."

▶ Want to get involved? Visit www.cosacosa.org.

▶ The Healing Garden has become a neighborhood hub.

PHOTOS: COURTESY OF COSACOSA

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Re-casting lots

CosaCosa isn't the only organization revitalizing lots with the help of Knight Arts grants. The Franklin's Paine Skatepark Fund received $100,000 to transform West Philly lots into art-filled skateparks in a project that also involves the Philadelphia Sculpture Gym, the Mural Arts Program and Recycling Artists in Residency.

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Top tricks for tiny turfs

You're never allowed to complain again about having a small pad — just wait till you see Jason Saft's His best tips for small spaces

When real estate agent Jason Saft was showing the 250-square-foot Chelsea studio he now calls home, he wasn't getting much interest: "Everyone thought it was a s—hole," he says. But Saft had been secretly admiring the small space, and a fortune cookie that read "You have a strong desire for a home" was the catalyst he needed to make it his own.

Now a resident for about three years, Saft, who pays $1,750 a month in rent, has become an authority on living comfortably in a small space. We got his tips for making the most out of your tiny pad.

Saft

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Use every nook and cranny

Saft stores folding chairs, a vacuum and other miscellaneous items behind his dresser — positioned on an angle — to give the room some extra storage space. When he's not using his fireplace, it doubles as a bookcase.

Repurpose everything

Saft doesn't have anything extraneous around his digs — everything has a use, and some even have multiple uses. Take his nightstand, for instance. "Here is a great, old, vintage filing cabinet I found at a flea market. I had it put on casters so at times [it's] a seat [or] table, and I use it as an actual, real filing cabinet. Other times, when I've had parties, I've filled it with ice and used this as the bar. It's easy to move around."

PHOTOS: MARK OVASKA/METRO

Master some eye tricks

"Well-positioned mirrors bring in extra light and bounce it around the room," Saft says. "They can also open up a small space to make the room feel larger. Use mirrors to reflect light, not another wall." And keep your paint colors unified: "In a small space, if you keep the color palate all very similar, it flows."

Add extra shelving to your closet

"It's organized in a way [so] you can grab [things] quickly," Saft says of his multilevel storage space. "But the nice thing about having so small a space is it forces you to not go out and buy a ton of crap. It's weird, the amount of stuff you can clown-car in through here, but it's just making things function."

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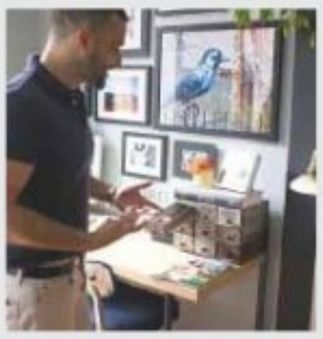
Don't settle for what's given to you

Saft removed his kitchen cabinet doors to open the space up and added an extra shelf for plates and bowls. "It made the kitchen interesting," he says. He also swapped in stemless wine glasses to save space and mounted his towel rack: "Your counters can get really cluttered quickly. I try and use the wall space as much as possible."

Find double-duty furniture

"Because I have only one closet, I had to find space-saving pieces of furniture," Saft says. He keeps his T-shirt collection and winter clothes in drawers underneath his bed.



Declutter your desk

All of Saft's necessities for daily living — bike locks, cuff links, paper clips — are stored in this desktop box. "When you're in a small space, you have to accept the disadvantages that you have and be prepared to edit things and factor in every little purchase that you're gonna make," he says. "You also have to think about what you need and don't need: Sometimes I'll go into a space and see a coffee cup filled with 50 pens and a stack of Post-It notes. The chance is that they will probably never use them in their lifetime."

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